



ARE YOU ADDICTED TO CIGARETTES?

Ask yourself these 5 questions: Check Yes or No



- | | Yes | No |
|--|-----------------------|-----------------------|
| 1. Do you smoke your first cigarette within 30 minutes of waking up in the morning? | <input type="radio"/> | <input type="radio"/> |
| 2. Do you smoke 20 cigarettes (one pack) or more each day? | <input type="radio"/> | <input type="radio"/> |
| 3. At times when you can't smoke or haven't got any cigarettes, do you feel a craving for one? | <input type="radio"/> | <input type="radio"/> |
| 4. Is it tough for you to keep from smoking for more than a few hours? | <input type="radio"/> | <input type="radio"/> |
| 5. When you are sick enough to stay in bed do you still smoke? | <input type="radio"/> | <input type="radio"/> |

If you answered "YES" to 2 or more questions, You May Be Addicted To The Nicotine In Cigarettes.

